



**Garden City Schools Lunch and Breakfast Menu**



# GE October 2018



Mon	Tue	Wed	Thu	Fri
French Toast (I) Fruit Choice (A&C) ..... Mini Corndogs (I) Garden Fresh Select (A) Cinnamon Applesauce (A)  <b>1</b>	Cheese Quesadilla (I) Fruit Choice (A&C) ..... Lasagna (I) Mixed Vegetables (A&C) Fresh Fruit Cup (A&C)  <b>2</b>	Ham Bar/Biscuit (I) Fruit Choice (A&C) ..... Breaded Chicken Sand (I) Broccoli and Cheese (A) Fresh Grapes (A&C)  <b>3</b>	Breakfast Biscuit (I) Fruit Choice (A&C) ..... Beef and Bean Tacos Lettuce, Tomato, cheese Tropical Fruit Salad  <b>4</b>	Cooks Choice (I) Fruit Choice (A&C) ..... Orange Chicken (I) Garden Fresh Select (A&C) Apple Slices (A &C) Fried Rice (I)  <b>5</b>
Mini Cinnamon Rolls (I) Fruit Choice (A&C) ..... Chicken Taco (I) Refried Beans (I) Garden Selection (A&C) Chilled Pears (C)  <b>8</b>	Grilled Cheese (I) Fruit Choice (A&C) ..... Cheeseburger (I) Sweet Potato Puffs (A&C) Fresh Orange Slices (C)  <b>9</b>	Breakfast Bites (I) Fruit Choice ..... Tony's Pizza (I) Garden Fresh Select (A&C) Chilled Peaches (A&C)  <b>10</b>	Cheese Stick (I) Fruit Choice (A&C) ..... Deli Sandwich (I) Garden Fresh Select (A&C) Fresh Fruit Cup (A&C)  <b>11</b>	<b>No School</b>
<b>OCTOBER 15—19 is National School Lunch Week, check your cafeteria for special menus!</b>				
Mini Bagel (I) Fruit Choice (A&C) ..... Cheese stick Marinara (I) Green Beans (A&C) Pineapple Tidbits (A&C)  <b>15</b>	Cheese Quesadilla (I) Fruit Choice (A&C) ..... Hot Dog (I) Garden Fresh Select (A&C) Sweet Potato Fries (A&C) Grapes (A&C)  <b>16</b>	Ham Bar/Biscuit (I) Fruit Choice (A&C) ..... Walking Tacos (I) Refried Beans (I) Apple slices (A&C)  <b>17</b>	Breakfast Biscuit (I) Fruit Choice (A&C) ..... BBQ Rib Sandwich (I) Seasoned Pinto Beans (I) Fresh Fruit Cup (A&C)  <b>18</b>	<b>No School Teacher Inservice</b> 
Mini Pancakes (I) Fruit Choice (A&C) ..... Pork and Bean Burritos (I) Lettuce, Tomato, Cheese Salsa (C) Chilled Peaches (A&C)  <b>22</b>	Grilled Cheese (I) Fruit Choice (A&C) ..... Frito Pie (I) Garden Fresh Select (A&C) Mandarin Orange/Kiwi (A&C)  <b>23</b>	<b>No School</b>	<b>No School PT Conferences</b>	<b>No School PT Conferences</b>
French Toast Sticks (I) Fruit Choice (A&C) ..... Corn Dogs (I) Garden Fresh Select (A) Cinnamon Applesauce (C)  <b>29</b>	Cheese Quesadilla (I) Fruit Choice (A&C) ..... Pasta Bake (I) Mixed Vegetables Fresh Fruit Cup  <b>30</b>	Oatmeal Bar Fruit Choice ..... Ghoul Cheese Sandwich (I) Creepy Corn (A) Oranges (A&C)  <b>31</b>	<b>Look for all the action taking place during #NationalSchoolLunchWeek and #WalktoSchool Day on Twitter and the USD 457 Wellness Community Facebook page!</b>	

**USD 457 will be celebrating Walk to School day and National School Lunch Week!**

**Encourage your student to get at least 60 minutes of vigorous physical activity a day and to eat a diet full of a variety of fruits and vegetables and whole grains!**

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**All Early Childhood Centers are required to follow the CACFP (Child and Adult Care Food Program). These menu standards differ from the National School Breakfast and Lunch standers, so Garfield Early Childhood Center will have a special meal each month!**

**(A) Food High In Vitamin A      (C) Food High in Vitamin C      (I) Food High in Iron**